



## MANITOBA ADDICTIONS AWARENESS WEEK

<b>TOPIC:</b>	Alcohol, Other Drugs and Risk
<b>AUDIENCE:</b>	Grades 5 – 12
<b>OUTCOME:</b>	<p>To provide participants with accurate and factual information on alcohol and other drugs to reduce future harm. At the end of the session, participants will be able to:</p> <ul style="list-style-type: none"><li>• Define what a drug is according to AFM.</li><li>• Identify drug availability in their town/neighbourhood/city.</li><li>• Identify at least 2 reasons why youth use drugs.</li><li>• Identify at least 6 risks of using substances.</li><li>• List at least 3 strategies to reduce harm associated with substance uses.</li><li>• Identify at least 2 helping resources in their community.</li></ul>

### Alcohol, Other Drugs and Risk Instructional Design

TIME	TOPIC	ACTIVITY (METHOD)	INSTRUCTIONS	RESOURCES
(5 min)	Introductions - Topic - Facilitators	Lecturette	<b>Write title of session, organization and facilitator name on flip chart.</b>	Flip chart, pens and tape
(5 min)	What is a drug?	Pair & share or large group.	Psychoactive drugs vs. medicinal drugs.	
(5 min)	Drug availability in your community?	Large group brainstorm.	<b>List drugs on flip chart</b>	
(5 min)	Why do people use drugs?	Large group brainstorm	<b>List reasons on flip chart</b> to demonstrate your willingness to acknowledge that teens use drugs for a reason that to them is legitimate. ID that these are triggers for use.	Flip chart, pens and tape
(10 min)	Is there a difference between drug use, drug abuse and drug dependency?  What are the risks/consequences related to each level of use?	Large group discussion.  Large group brainstorm	<b>Talk about risk – LOI</b> No one can predict when drug use will result in a negative consequence. Consequences happen without warning, and the fact that one’s judgement is impaired makes it all the more unpredictable. <b>Emphasize that fact that most of the risk revolves around illness, accidents and performance.</b>  <b>List use levels and associate risks on the flip chart</b> while filling in important pieces that the group might miss.	Flip chart, marker and pens, LOI chart, Life areas chart.

(25 min)	Risk Game	Large group activity.	<p><b>Introduce the game</b>  Ask the group to choose a consequence under drug use and circle it. Then ask the group what the odds are of any one card being chosen from deck of cards (1 in 52). The cards represent the 52 weekends in a year. Hand out your business cards and ask the participants to think of a card from the deck and write it down on the back of the business card. Tell them not to share it with a neighbour. <b>Ask them if they can accurately predict if their card will be selected?</b></p> <p>Explain that when a card is randomly selected from the deck and it matches their card, the negative consequence circled on the list happened to them. They will be sent to the hospital, jail, etc and not be allowed to play the game for at least one week (round).</p> <p><b>Select a card from the deck.</b> Before revealing what the card is, ask the group how they are feeling – how confident are they that the card is not their card? <b>Reveal the card.</b></p> <p><b>If no one has the card</b> explain that sometimes in real life when a person begins using nothing bad happens.</p> <p>Ask the group how it feels to know that nothing happened to them? What might this encourage (by virtue of nothing happening, people feel it is okay to continue; ie encourages risky behaviour)</p> <p><b>If one or more had selected the same card</b> ask them how it feels to have something happen to them? Ask the others how it feels to see something happen to someone else? How does it feel to not have it happen to you?</p> <p>Repeat 3-4 times or until a match. The idea is to stimulate real life – no one can predict, but by repeating the risky behaviour increases the chances that something will happen.</p>	Deck of cards, dice and a coin.

			<p>Now ask the group to choose a consequence under drug abuse and repeat above using a dice (odds are 1 in 6) (ie increased use = increased risk)</p> <p>Now ask the group to choose a consequence under drug dependency and then repeat exercise with a coin flip (odds are 1 in 2).</p> <p>What difference does it make to you when the odds change? (People should be less willing to play when the odds are greater that something bad will happen) You can also process that when dependent you will not have a choice any longer)</p>	
(5 min)	<p>Brainstorm alternatives to reduce risk and harm. Brainstorm helping resources.</p> <p>Summary, questions and evaluation</p>	Large group discussion	<p><b>List risk reduction suggestions and helping resources on flip chart.</b></p> <p><b>Summary</b> To reduce the risk use judgement and assess the risk. The odds that something bad will happen in real life are smaller than the examples which encourage risky behaviour. You feel it will never happen to you. But, If you repeat the risky behaviour often enough the odds are bad things WILL happen.</p>	<p>Hand out:</p> <p>AFM pamphlets Business cards</p>